



Support. Empower. Connect.

## Eating Disorder Program

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Youthab's Eating Disorder Program provides free and confidential services to young people between the ages of 16 to 24 who are wanting to talk about thoughts and/or behaviours related to food. Clients meet virtually with a therapist on a one-to-one basis to discuss thoughts and feelings related to weight, body image and stress to assist in the recovery from an eating disorder and to help prevent the development of eating problems before they begin. Services can address any of the following:

- Anorexia
- Bulimia
- Binge Eating Disorder
- Body Image
- Self Esteem

If you have questions or need more information about the Eating Disorder program contact us at 613-969-0830 and ask to speak with the intake worker.

